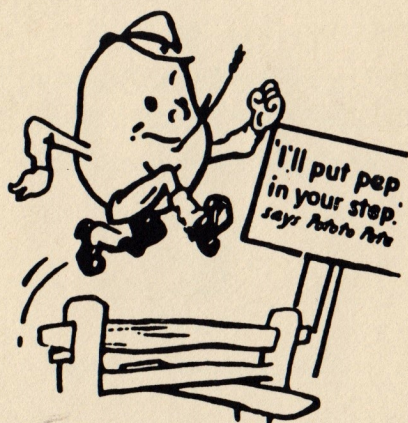


WARTIME FOOD

Memories of rationing and
recipes by members of the
Bexhill Museum Association



compiled by Heather Morrey

I would like to dedicate this booklet to the memory of Alf Cave who died on 27th May 1996. Alf was a child in Bexhill during the war, and as a Museum volunteer, has spent many hours sharing his experiences of rationing and evacuation, as well as of all the exciting bits like bombing, with the Bexhill schoolchildren of today. He will be greatly missed.



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INTRODUCTION

This booklet was produced in 1996 to complement the **Food for Thought** Exhibition at Bexhill Museum, one section of which was devoted to Wartime Food. We wanted to record Museum members' recollections of rationing during and after the Second World War, and to collect any special recipes which members remembered and perhaps still used.

There was a very good response to my request for help and I was lent many contemporary Recipe Books and some personal cookery notebooks, scrapbooks containing hints and recipes collected from friends, newspapers and the B.B.C. It seems that the housewife was bombarded with advice, much stemming from the Ministry of Food which set out to teach the Nation how to remain fit and healthy with a restricted diet. Apparently people were never healthier than during these years. Perhaps we ought to look carefully again at those War Time recipes.

I have to admit that I have not had time to test all the recipes myself. Apart from a handful which are put in for their "entertainment" value, the majority have come from trusted sources and should work well today, perhaps with a few adjustments. The low fat and sugar content can be seen as beneficial today and the small amounts of red meat especially so.

Some of the recipes in this little book are there because they illustrate the lengths to which people had to go to stretch those meagre rations; and may seem too extreme to use today. Others use substitutes such as dried egg and dried milk but are still worth trying if made with fresh milk and eggs!

The booklet is by no means comprehensive. The subject of War Time Food is vast and has been amply covered by professional cookery writers. I have merely followed up a few themes suggested by the memories of some of the people connected with Bexhill Museum.

I am grateful to all those who contributed memories - and who lent me contemporary notebooks, cookery books, leaflets and newspaper cuttings

- they are acknowledged in the text.

I would also like to thank the following for the loan of modern books on the subject:-

Humphry Smith *Life on the Home Front* pub. Reader's Digest 1993
Mr. & Mrs. Coombes *The Wartime Kitchen and Garden* by Jennifer
Davies pub. B.B.C. Books 1993

Hans Heetveld *We'll Eat Again* by Marguerite Patten pub. Hamlyn
1985 in Association with the Imperial War
Museum

Ena Hennessy *Ration Book Recipes* by Gill Corbishley pub.
English Heritage 1990

Delma Yeo *The Best Butter in the World - A History of
Sainsbury's* by Bridget Williams

Lastly, and most important, I would like to thank Penny Thomas of the Rother Museums Service for her encouragement and for typing out the script and preparing it for publication.

Heather Morrey

MEAT

In the years before the Second World War meat was an important part of most people's diet. Vegetarianism was not as popular as today. Dermot Healy introduces this topic with his memories. "Meat was very severely rationed throughout the 2nd World War. At one time it went down to 1/2d (6p) per head and my mother used to quip that the ration for the two of us could be slipped through the letterbox. This was the weekly ration. If one was well in with one's butcher (with whom one had to be registered) this could be supplemented with offal (never on ration) or bones to make soup with. Occasionally we could get a sheep's head. The tongue and brains are great delicacies. My fondness for all kinds of offal today probably stems from those years"

The Ministry of Food set out to teach the housewife how to make the most

of the meat ration, as well as how to use less obviously attractive items such as offal. The second of the M of F War Cookery Leaflets, lent by Joan Vann, was devoted to "Making the Most of Meat". As Dermot says, meat was rationed by price. One was allowed a much larger amount of the coarser cuts than, say, prime steak. Thus there was much emphasis on cooking methods using low temperatures for example Slow Roasting, Braising and Stewing which were necessary to render such cuts tender. Mrs. Richardson remembers that a decent joint of brisket could be bought for 1/- and it was especially valued because of the amount of fat which could be collected from it to use in other recipes. The leaflet also states that "The best way of 'stretching' meat, which is a first class builder is by using it with other body building foods such as dried eggs" (a curious idea!) With the aid of many ingenious cookery writers the average housewife was to become very adept indeed at "stretching" the family's meat ration.

A good example of this approach is found in *Rationed Recipes* by Vahdah Bordeaux, published in March 1940 by Hutchinson at 6d. and lent by Mike Christopher. It describes how a family may have a joint of beef on Sunday, as big as the family's ration of 1 pound a week each (1940) will allow, and have enough over for a meal every day until Saturday.

Sunday Beef à la Mode

1 large piece of beef (e.g. silverside)	1 calf's foot
1 glass white wine or light vinegar	1 glass water
1 lb carrots	½ lb onions
herbs, salt and pepper	

Ask your butcher to bone and tie the joint and lard it with bits of fat to help keep it moist. Place meat in an earthenware baking dish with the calf's foot and all the other ingredients. Cover and place in a slow oven. After 1 hour remove cover, raise oven temperature to moderate, baste, and cook for a further 2 hours, basting every half hour. Serve with mashed potatoes and some of the gravy.

Monday: Jellied Beef

The calf's foot ensures that the liquid from the joint will set well when reheated and poured over some cut up cold beef. The mould

can be turned out when set. The meat removed from the calf's foot can be sliced and served with a vinaigrette dressing and parsley.

Tuesday: Beef with Onions and Prunes

Slice 3 large onions and cook very slowly in a covered pan with a knob of margarine for 2 hours. When half cooked add ½lb prunes previously soaked in water or water with wine or vinegar. Season. Then add some cold beef cut into strips and simmer till heated through. Serve with mashed potatoes.

Wednesday: Beef in a Mustard and Tarragon Sauce

Slices of beef are first soaked in vinegar salt and pepper for 1 hour, and then heated through in a sauce made from margarine, flour and left over jelly from the joint and flavoured with dry mustard and tarragon or mixed herbs. Serve with chopped parsley.

Thursday: Beef Soufflé

Chop an onion, some parsley and a little beef suet very fine together with a few small pieces of beef. Moisten with 1 pint of milk then mix in 6 oz flour and 3 stiffly beaten eggs. Pour into a greased soufflé dish and bake for 20 minutes in a really hot oven. Serve at once (This seems a very odd recipe and I haven't tried it!)

Elma Bates reports that suet could sometimes be obtained from your butcher in the same way as offal. She preferred to use it then to make delicious dumplings in a vegetable soup, or even a steamed Spotted Dick Pudding.

Friday: Hashed Beef Patties

Fry a finely chopped onion in a little margarine; add the last of the beef chopped small, salt and pepper. Boil, peel and mash 1 lb. of potatoes. Moisten with an egg yolk, knead in a little flour, roll out, and cut into rounds. Put a small amount of meat mixture on each and roll up into balls. Deep fry and serve with stewed tomatoes and parsley. "This is the sixth and last appearance, and therefore ends the history of a piece of beef".

The recipes, with their use of wine, fresh eggs and deep fat frying, would probably be impossible later in the war. However the same approach, with rather simpler recipes, was much followed.

The Daily Mirror publications *Patsy's Christmas Reflections*, lent by Mr. and Mrs. Gower and *Patsy's Reflections* lent by Mrs. Reeb, present an altogether more down to earth approach to the same theme. In the daily strips Patsy is shown by her mother how to make Meat Pudding, Beef and Macaroni, Baked Beef, Frizzled Beef, Devilled Mutton, Meat Salad, Meat Sanders, Meat Cakes and Stuffed Pancakes, all using as little as 4oz of cold meat or less to produce a filling meal for two. The tone of the books is very optimistic "Even if that little bit of meat looks a bit grim, there's quite a lot of fun to be had out of seeing how far it will stretch!".

The next thing that the housewife had to learn was how to make best use of the cheaper cuts of meat. A breast of lamb could be bought for about 2d. Patsy's mother showed her how to bone it (making broth from the bones, of course) and then stuff and roll it. She seasoned it, put it in a greased roasting tin surrounded by thickly sliced potatoes and a teacup of water, covered it with a greased paper and baked it for 1½ hours in a moderate oven.

Rona Cooke remembers that sometimes her mother obtained sheep's heads. She stewed them slowly, with some vegetables and herbs for flavouring, and then when they were cold painstakingly removed every scrap of meat. The liquid was strained and boiled down until it would set to a jelly when poured over the meat in a basin. Rona enjoyed the resulting Brawn.

OFFAL

Offal was not rationed but, along with sausages, was often kept by a butcher for his favoured customers. Di Salmon remembers that one day she and her husband happened to help her butcher disentangle his car from the gatepost where he had become stuck, not being a very skilful

driver. This was just after the war when rationing was still very much in force, in fact food shortages were greater than ever. The next time Di went in with her ration book the butcher gave her some hearts - a great treat. It was generally accepted that unrationed meat might come your way more easily if you were charming to your butcher!

Stuffed Sheep's Heart

Soak 2 hearts in cold water for an hour. Drain, and stuff either with sausage meat, if you have it, or a forcemeat made with breadcrumbs, chopped onion, herbs, dried egg and a little fat. Cover with greaseproof paper and tie to keep the stuffing in. Heat about 1oz fat in a baking tin, put in the hearts, bake gently in a moderate oven for about 1¼ hours. Baste frequently. Serve with gravy made from the juices and a home-made red-currant jelly.

CORNED BEEF

After the war ended a proportion of the meat ration, to the value of 2d., had to be taken as corned beef. This would amount to two good slices. In *Patsy's Reflections* the Daily Mirror readers were encouraged with "You can do quite a lot of interesting things with Corned Beef, if you try" Obviously readers were less happy. Patsy is shown sighing "Oh dear! This corned beef", "That wretched bit of corned beef again. What shall I do with it?" and finally "This little bit has got to go a long way, somehow" Well, Patsy (and the readers) acquired a tremendous repertoire of Corned Beef recipes, including Corned Beef Hash, Fritters, Pudding, Turnovers and Toad in the Hole. Mixed with tomato sauce "you have an excellent way of making a dish of macaroni or spaghetti more substantial". The writer concludes "It's a very useful sort of meat, in spite of the hard things said about it".

Mrs. Richardson did find corned beef useful and had a favourite recipe for **Corned Beef Plate Pie**

Line a pie dish with pastry. Fill with a chopped onion and some broken up corned beef. Crumble an Oxo cube over the contents,

and top with pastry, sealing the edges well. Bake for half an hour in a fairly hot oven.

Evelyn Winward's notebook contains a cutting from the Daily Mail, dating from the end of the War, entitled "Corned Beef Répertoire". The recipes are by Gabriel Vallet of Grosvenor House, "delicious and very practical recipes for corned beef, which may form part of your meat ration in the near future"

Corned Beef Lyonnaise

Slice some onions and sauté in a little cooking fat till brown. Add flaked corned beef and mix well. Stir in some chopped parsley and a few drops of vinegar. Serve very hot.

Corned Beef Croquette

Mix an equal quantity of chopped corned beef and cold mashed potato. Season well. Add some thyme. Form into croquettes, breadcrumb and fry. Serve with warmed bottled sauce for example OK or A1. (These sauces became very popular for enlivening boring food)

Corned Beef Pie

Slice some corned beef and lay in a baking dish with sliced onions or leeks. Season; add a little stock; cover with thinly sliced raw potatoes and cook in oven till potatoes are well cooked and browned.

David Burton, who was in the Army in Italy, reminded me that corned beef formed an essential part of military rations. I think that very few British ex-soldiers would touch corned beef now! However it was apparently very popular with the Americans, and when they turned up they were happy to take it in exchange for their staple tinned ration,

SPAM

Spam was more popular both among the troops and at home. It was a sort of loaf made from minced pork and ham.

Alice Kilburn remembers Spam from her childhood when as evacuees "My younger sister and I were sent to a small Yorkshire village. We had to take our lunch to the village school. We had spam sandwiches and a large slice of unsweetened apple pie. The headmistress sold Horlicks tablets to eat at break-time - plain or chocolate flavoured. We returned to an evening meal always finished with rice pudding which had been cooked in a slow coal heated stove."

SAUSAGE MEAT IN TINS

Di Salmon remembers that her mother was sometimes lucky enough to get a tin of sausage meat which wasn't rationed. It came from America as part of the "Lend Lease" system. These tins were very popular as there was a layer of fat on top of the meat and, when the ration of cooking fat was only 2oz per person, this fat was very useful for making the pastry for a pie. Di remembers her mother making a delicious sausage plate pie. Sausage rolls were also enjoyed.

Sausages would sometimes be available from one's butcher - especially if one was a favoured customer. Even though the sausages often contained a high proportion of bread, sausage meat would still be "stretched" in recipes. Another of Pam Guyton's recipes is called **Sausage and Potato Special**.

3 cups mashed potato	1 egg fresh or dried (reconst)
½ teaspoonful baking powder	1 lb sausage meat
seasoning	

Beat egg and mix with mashed potato and seasoning. Add baking powder. Roll on floured board. Cut into squares. Place sausage meat on each square, fold over and either fry in hot bacon fat if obtainable or brush with egg and bake in a quick oven.

POULTRY

In these days of cheap battery produced poultry it is hard to imagine what

a rare treat, during the war, was a roast chicken. In many homes it was "Christmas only" Families like those of Elma Bates, Rona Cooke and David Burton who kept chickens were able to have the odd hen which had reached the end of her egg-laying days - though as Elma relates it was like eating the family pet, unthinkable. These "boiling fowls" were often very tough and needed special treatment.

Margaret Yendell has a lovely memory about "boilers" as they were known: "I was training to be nurse in Manchester but travelled home to the Potteries when I had time off. In this more rural area food was not so short and my mother used to insist that on my return after the weekend I took with me some precious food item for her sister who also lived in Manchester. One day the present, my mother announced, was "a nice boiler" and I well remember my embarrassment as I contemplated taking, as I thought, this heavy piece of machinery on the bus. My discomfort was only lessened a little when I realised that it was actually a treasured 'boiling fowl'!"

An interesting cookery hint supplied by Hans Heetveld comes from Mary Cooke's mother's notebook.

How to take years off an old hen.

Put trussed old hen into a small pan of cold water with a teacupful of vinegar. The pan should be deep enough to enable the cold water and vinegar to cover the hen. Soak overnight. The next day wash the hen under the cold water tap to remove all traces of vinegar and dry thoroughly. Roast in the ordinary way. The vinegar makes the flesh white and tender and it will taste like a roast chicken.

WILY WAYS TO SUPPLEMENT THE MEAT RATION

Some people, even in urban areas, hoped to increase their meat ration by keeping pigs as a member of a Pig Club. Dermot Healy, who then lived

in Liverpool, writes:

"I don't recall any Pig Clubs being around during the war, but they certainly were around in the early post-war years. You could own or share a pig BUT you had to feed it yourself or provide the food - mostly swill or vegetable peelings and then have it killed and the bacon etc. shared out among club members".

People who lived in the country probably enjoyed a more varied diet than those in towns or cities; "On the other hand", says Rona Cooke "they couldn't take advantage so easily of special deliveries of tins". I spent the war years in rural Cheshire and vividly remember rabbit, rook and pigeon pies. The only problem was the lead shot but that only added to the fun. A.C. Yendell also remembers **Rook Pie**.

"I was brought up on a West Country farm. When the young rooks were almost mature grandfather would discharge a couple of shots from his shotgun up into the tree where they were roosting, and the result would be sufficient for a pie. Only the breast was used and grandmother would marinade these overnight. The result a delicious rook pie!"

Mr. Salmon, in the R.A.F., was at one time billeted on a farm near Penrith. He recalls that there was no shortage of rabbits and they were easily caught by the simple measure of blocking all the gaps but one in the dry stone wall surrounding a field, making a noise to alarm the rabbits, and then catching them one by one as they ran through the single gap. Cruel, perhaps, but people were hungry.

The same farmer had a nephew who got married in London. As a wedding present he sent a side of bacon. One wonders how the young couple would have coped with it when few people had refrigerators.

SOMETHING NEW

The Ministry of Food must have had high hopes when a new food supply appeared. Dermot Healy remembers:

"Towards the end of the war WHALEMEAT arrived as a supplement to our diet. It came first in the form of SNOEK, a horrible tasting black tinned meat, but then frozen whalemeat followed when everyone would not buy Snoek. It looked just like a very thick steak and after a 24 hour soak in water to get rid of the oil it could be grilled or roasted. It was very tasty, if tough, and I enjoyed it.

Whalemeat, believe it or not, presented a problem to the Roman Catholic hierarchy. At that time Catholics were forbidden to eat meat on a Friday but the clerics could never agree on what the flesh of a whale was. Was it fish or was it meat?"

Patsy's Christmas Reflections gives two recipes for using Whalemeat, fried with onions and a stew. Patsy's husband has obviously brought this home as a treat. "Its whale, my pet, but it tastes like beef. The girl at the canteen says you can fry it like calf's liver, or stew it!". The strip ends with a message "and Patsy you'll find it jolly good! We promise you whalemeat will make a good curry, too. And you can make hamburgers out of it...and a rattling good whalemeat and onion pie or pudding with kidney if you can get it." Sadly many people thought it tasted fishy!

Dermot and his mother, like many people, were confused by these new foodstuffs. Snoek was actually a fish called barracouta and came from Australia. The tins were very cheap and not on points but, despite a campaign by the M of F, it was ignored. Actually barracouta was quite good fresh. Mr. Gower was stationed on St. Helena from January 1944 to October 1945 and once they were supplied with a whole fish which fed 150 men! It made a welcome change from the usual ration of tinned "M and V" (Meat and Vegetable) six days a week.

Mr. Gower also remembers seeing as army rations at Dover huge blocks of dried meat, two feet across; slices were removed with a saw, and then after long soaking the meat could be turned into a stew.

FISH

Fish was in fact never rationed, but supplies were unreliable. It was a case of listening out for when the fishmonger had any in. Rona Cooke says that the Bexhill fishmongers were supplied by the local boats although access to the sea was restricted by all the defences. On several occasions the fishermen were machine-gunned by enemy aircraft.

Dermot Healy found that in Liverpool supplies throughout the war were unreliable. "Manx kippers were always around but again one had to be on good terms with one's fishmonger".

Mrs. Richardson's impression is that fish was in short supply, though she does remember sprats. Patsy, in *Patsy's Christmas Reflections*, lent by Joan Gower, was shown how to cook them for a few minutes each side in a frying pan just coated in salt - no fat needed.

Possibly supplies improved after the War. A newspaper clipping from Evelyn Winward, just post war, entitled *Cookery For Today - Main Meal Problem* gives hints for housewives "disturbed by the fact that in the future many people will depend more on a substantial main meal at home, and that at the same time it will be more difficult for her to provide satisfying dishes". For of course rationing continued long after the war, and often shortages became worse. However perhaps peace allowed the fishing industry to recover, as the beaches were cleared and boats returned to peacetime use.

The article suggests **Cod with Piquant Sauce** which certainly improves cod when not at its absolute best.

Place 1lb fresh fillet of cod in greased fireproof dish. Mix together 1 teasp. curry powder, ¼ teasp. dry mustard, 2 teasp. oil, 2 teasp. vinegar, 3 teasp. tomato sauce or ketchup. Spread over the fish. Lay a sliced onion on top, and add some halved tomatoes, if available. Cover with greased paper and bake ½ to ¾ hour at Gas Mk. 5 or equivalent.

A recipe for **Baked White Fish** from the Financial Times, saved by Pam Guyton, also looks ingenious.

Take 4 to 6 oz fish per person. Wash and dry fillets, sprinkle with salt, and place in a baking dish well greased with melted margarine. Spread fish with some fish paste, cover with a little grated cheese and on top a layer of breadcrumbs. Cook in a hot oven for ½ hour. R.C. of Penrith, who sent the recipe in, then added a little buttermilk thickened with flour, and cooked it a little longer to make a sauce.

Rona Cooke remembers having herrings which her mother cooked in a sort of tin-box oven which stood on top of the gas ring. It must have been more economical than heating up the main oven.

Grandma's Soused Herrings. Patsy in *Patsy's Reflections* lent by Mrs. Reeb, learns how to gut the herrings, cut off their heads and tails, and lay them in a shallow fireproof dish. Then she adds

4 whole cloves	2 dried red chillies
12 peppercorns	a blade of mace or grated nutmeg
1 teasp. Salt	a little celery salt
2 or 3 bay leaves	1 tea cup vinegar
1 tea cup water	

The dish is then covered, brought gently to the boil, and the fish poached gently on a low heat for ½ hour. Allow to get cold in the pickle.

TINNED SALMON

Many of the fish recipes which I have been given involve tinned salmon. Tinned food generally was popular as it was possible to build up a store cupboard when items were available. War turned us into a nation of squirrels. Alice Kilburn shares another of her memories.

"Every Thursday morning White's - a stall in the Town Centre Market - received a supply of tins. We took turns queuing for a 'pot luck' collection of tinned vegetables and soups. For quite a while our suitcase

of 'iron rations' was the first thing placed in the brick shelter."

David Burton recalls that tins seldom had labels - just the contents stencilled onto the metal.

But back to the salmon! In our home tinned salmon was the Sunday tea-time treat, with salad and bread and butter. (The butter, of course, was cut from a big block by the grocer and shaped before he wrapped it up. Grocers had an uncanny skill at cutting exactly the right amount for each family's ration of only 2oz or even 1oz per person)

The following recipe for a Baked Salmon Pudding must have been popular. It is in Evelyn Winward's notebook and Pam Guyton's, probably a "Kitchen Front" recipe from the B.B.C., broadcast after the 8 o'clock news.

Baked Salmon Pudding (contemporary comment "Very good. Nice cold and on bread")

1 large tin grade 3 salmon 1 dried egg (reconst)

1 breakfast cup breadcrumbs knob of marg.

4 level tablesp grated cheese little vinegar to moisten

Flake salmon with fork. Mix with breadcrumbs. Add beaten egg and melted marg. Stir all together. Put in greased pie dish. Bake in moderate oven until brown or in a basin and steam. Be SURE mixture is wet enough.

Rona Cooke recalled that Tinned Salmon could sometimes be obtained. It was "on points" but took a great many - in 1942 one person's total allowance for three weeks. This would account for the many recipes which "bulk out" the salmon with other ingredients. Rona says that fish cakes made with salmon, mashed potato and parsley, and well coated with breadcrumbs were very good.

Pilchards are mentioned in the Autumn 1941 edition of *Wine and Food*, *A Gastronomic Quarterly* lent by Robert Mucci. This was the sort of

periodical which earlier in the war printed articles like *Three Unforgettable Dinners* and *Last Meals in France*. But by 1941 it is reduced to writing about "Californian pilchards. Till quite lately these were plentiful and even now they sometimes appear in the shops; they usually come five in a tin, and each one is a man-sized helping. They can be fried in egg and breadcrumbs or just fried in their own oil, or eaten as they leave the tin". It then offers a rather modern sounding recipe - **Riz Léontine**.

Have some boiled rice (for two a heaped up half pint more or less) and keep it hot. Break up small, or chop, any scraps of fish or meat, or chicken (one pilchard is excellent); season, mix with the rice and keep hot. Beat lightly one egg. Put some butter or margarine or even dripping into a frying-pan, add some good curry paste - or failing that curry powder - and (or not) a chopped shallot. Cook for two or three minutes, pour in the egg and almost immediately add the rice and stir the mixture well. It is ready as soon as it is really hot.

David Burton distinctly remembers seeing **dried salt cod**, as hard as a board, and being sold from a hessian sack. This came in around 1944 from Iceland. Usually the fishmonger would soak it for 48 hours before selling it, but even so many people found it too salty. The Ministry of Food put out many encouraging hints and recipes but it was not popular.

VEGETABLES AND FRUIT

In *Vegetables for Victory* published in 1943 and lent by Mike Christopher, Ambrose Heath writes in his introduction:

"We have been encouraged and exhorted to grow and eat more vegetables than ever, yet I fancy that most of us still cling stubbornly to the tradition of serving vegetables only as an accompaniment to meat, however exiguous the helping of the latter may be. How long will it take us to realise the superfluity of the meat, and to dine, even in times of plenty, on a vegetable dish alone?". The answer, I suppose was another fifty years!

Strangely Ambrose Heath does not mention the special food value of pulse vegetables in supplying protein when meat, fish and dairy products were in short supply. However, he includes 20 recipes for Haricot Beans, some purely vegetarian, some including tiny amounts of bacon, sausage meat or even sardines. His Haricot Bean Pudding uses them, flavoured with onion, parsley and bacon "if you can spare it" to fill a steamed suet pudding.

This book contains over 300 imaginative recipes using every conceivable vegetable in a great variety of ways - soups, stews, pies, hot pot, patties, moulds, dumplings, fritters and many more. I think his recipe for Green Pea Pod Soup illustrates how economical everyone had to be - nothing must be wasted.

Wash 1lb of pea pods well, pull off the inside skin, and chop pods roughly. Put them into enough boiling salted water to cover by about an inch, and add a sprig of mint, a few lettuce or spinach leaves, a sprig of parsley and a small onion or some onion flavouring. Cook until the pods are tender enough to rub through a sieve, and then boil up the soup again. Serve with pepper and pinch of sugar, and add a little boiled milk". Worth trying today!

As early as 1941 the Ministry of Food and Ministry of Agriculture were promoting the haricot bean. According to Jennifer Davies in *The Wartime Kitchen and Garden* and lent by Dick Coombes, the parks superintendent in Hastings planted dwarf haricot beans in his floral clock to publicise their value as a winter foodstuff.

Betty Smith has given me two wartime vegetarian recipes, slightly adapted by Rose Elliot: **Wartime Bean Roast** "This is another of those abstemious wartime recipes which works very well, though I think the roast needs to be served with a good, tasty sauce - a spicy tomato one or a really well-flavoured gravy.

8oz Butter beans, soaked, rinsed and cooked as usual

2oz margarine 1 onion peeled and chopped

4oz breadcrumbs sea salt
4-6oz strongly flavoured tomato or curry sauce
freshly ground black pepper
To finish: beaten egg and dried crumbs to coat

A little margarine

Preheat oven to 400° (200°C) mark 6. Drain and mash butter beans, but don't make them too smooth. Melt the margarine in a saucepan and fry the onion until soft, about 10 minutes, then add it to the butter beans, together with the breadcrumbs and enough of the sauce to flavour and bind the mixture; season. Then form the mixture into a roll and dip it first in beaten egg and then into dried crumbs. Put the roll on to a well-greased baking sheet and dot with a little extra margarine. Bake for about 45 minutes in the oven, until the roll is browned and crisp. I think apple sauce goes well with this roast."

Mock Goose "This is a war-time recipe (slightly adapted) which no self-respecting goose would own, but it's quite good and tasty in it's own right if served with some well-flavoured gravy and apple sauce!

6oz split red lentils	½ pint water
½ oz margarine	1 tablesp lemon juice
sea salt	freshly ground black pepper

For the stuffing

1 large onion, peeled and chopped
2 tablespoons oil
2oz soft whole wheat breadcrumbs
1½ teaspoons dried sage
To finish - a little margarine

Wash lentils and put into saucepan with the water; simmer gently until they are cooked and all the water has been absorbed, then beat in the margarine, lemon juice and seasoning. Set oven for 400°F (200°C) Mark 6.

For the stuffing, fry the onion in the oil for about 10 minutes, then take it off the heat and add breadcrumbs, sage and a seasoning of salt and black pepper.

Put a layer of half the cooked lentils into a greased 1lb loaf tin or casserole dish; spread the stuffing on top, then spoon in remaining lentils and smooth on top. Dot with margarine and bake in the oven for 30-40 minutes until the top is browned and crisp. It is good served with some crisp golden roast potatoes and cooked cauliflower."

As the war continued imports of foods of all kinds were reduced to about one third of their pre-war levels. This particularly affected supplies of fruit such as oranges and bananas which could not be grown at home. I remember getting into trouble for giving away an orange which I had found hidden in a cupboard, no doubt being saved for a Sunday tea-time treat. Jean Malkin says that she didn't see a banana until she was seven. She thought when she eventually saw some peeled bananas that they were sausages. (This probably also says something about the high bread content of pallid war-time sausages).

Mrs. Richardson remembers that oranges were one of the items often kept "under the counter". When there was a rare consignment shopkeepers kept them hidden, but would often produce two or three if women were obviously pregnant.

Ena Hennessy recalls that her son didn't like his first taste of real banana after the war and actually spat it out. A favourite recipe of his was "banana" sandwiches.

Mock Banana Filling

Peel and boil one or two parsnips until soft. Mash, cool, and flavour with banana essence.

Carrots, like parsnips, contain natural sugars and can taste sweet. Norman Keer recalls that he often enjoyed munching a scraped raw carrot on his way to school. Perhaps he was influenced by Government propaganda that carrots were eaten by pilots, idolised by small boys and young women alike, to improve their night vision. Of course we now know that carrots contain lots of vitamin A which is indeed necessary for healthy eyes.

The natural sweetness of carrots was utilised in wartime pudding and cake recipes. The use of grated carrot meant that less of the precious sugar ration (8oz a week per person) was needed. Of course the use of carrots in baking is well known and today many a wholefood restaurant has "Carrot Cake" on the menu.

Carrot Cookies again using grated carrot, were popular.

Cream 1 tablesp. of margarine with 2 tablesps. sugar till light and fluffy. Beat in 4 tablesp. grated raw carrot with a few drops of vanilla or orange essence. Fold in 6 tablesp. self raising flour. Drop spoonfuls of the mixture into 12-15 well greased patty pans. Sprinkle with a little sugar and bake in a brisk oven for about 20 minutes.

Pauline Hatfield gave me a recipe in which carrots were used in a sweet flan, to be served as a dessert. She remembers enjoying it as a child.

Carrot Flan

Line a flan tin with short pastry, bake in a moderate oven until brown. Let cool. Meanwhile peel and slice into rings two or three carrots and boil until tender allowing water to evaporate so that the carrots become slightly caramelised, stirring so that they do not burn. Melt an orange or lemon jelly using little more than ½ pint of water. Let cool and spoon over carrots that have been arranged in flan case. Leave to set.

Gladys Morrey's wartime cookery notebook contains a Christmas Pudding recipe which uses not only grated carrot but also grated potato, together with grated apple to add sweetness so that only 2oz of sugar are needed. Remarkable! Its also worth noting that prunes were used to eke out the usual currants, raisins and sultanas which were in short supply.

WarTime Christmas Pudding (for 8 - 10)

3oz S.R. flour 3 oz breadcrumbs
1lb mixed dried fruit 3oz suet or cooking fat

3oz grated carrot	4oz grated raw potato
¼ teasp. nutmeg	1 level teasp. bicarbonate of soda
¼ teasp. salt	½ teasp. almond essence
6 tablesp. water	1 tablesp. marmalade
2 tablesp. sugar	¼ teasp. lemon essence
1 tablesp. marmalade	3 tablesp. dried egg

Soak prunes in water overnight. Rub fat into flour, stir in rest of dry ingredients, then all the fruit with the prunes chopped small. Add grated carrot, potato and apple, the marmalade and essences and mix to a moist dough with reconstituted egg.

When well mixed cover bowl with cloth and leave in a cool place until the next day.

Put in a well greased basin, cover and steam for at least 4 hours. This recipe also illustrates shortages of candied peel, lemons and nuts so that substitutes are used, as well as the ubiquitous dried egg.

SALADS

The Ministry of Food produced a series of leaflets to help ensure that the population remained healthy despite all the shortages. One entitled *A Salad a day - all the year round* begins:

“It is not always realised that from the health point of view raw vegetable salads can more than replace fruit. Before the war people relied largely on fruit for their supplies of vitamin C. We know now that many vegetables contain more vitamin C than fruit, and some of the essential mineral salts as well”

The pamphlet goes on to give hints and recipes for using a wide variety of raw vegetables in salads, for example, carrots, peas, cabbage, turnip, swede, spinach and many more. People had to be educated away from simply seeing things like lettuce and tomatoes as suitable ingredients for a salad.

Alice Kilburn vividly remembers a Winter Salad which was frequently served for lunch at her Grammar School. She recalls that it always ended up pink from the beetroot which was included. The dressing for such a

salad was problematical with the absence of oil and fresh eggs. Suggestions were many and varied.

A recipe in a wartime recipe scrapbook lent by Evelyn Winward was the "Recipe of the Day" from the Daily Telegraph Home Expert.

"Piquant Salad Dressing : for immediate use. Slightly warm a piece of butter or margarine the size of a walnut and a dessert spoon of golden syrup. Work in a little mustard powder, salt and pepper as desired. Gradually add to this some dried (National) milk and vinegar alternately. Keep it stiff enough at the outset to be able to beat thoroughly - to ensure smoothness. Continue adding vinegar and dried milk to make the amount of dressing required. This makes a really piquant and creamy dressing, similar in texture to the popular proprietary brands".

Dr. M.J. Squires gave us a recipe from his family based on a sauce using flour, margarine and milk/water; and seasoned with pepper, salt, vinegar, mustard and sugar. The unusual addition is custard powder, which tells us that this recipe comes from later in the war when dried egg became scarce.

Di Salmon has told me that when she worked in the Ministry of Information people would often keep a bowl of watercress on their desks to nibble during the day, to make sure that their diet contained enough iron. It seems that people generally took very seriously the Government's advice on healthy eating - unlike today!

DAIRY RATIONING

Ena Hennesy wrote "When food rationing first started, I was living at home with my parents and working in London. There were four of us so we weren't too badly off. But by 1941 things began to get worse owing to the amount of shipping being sunk by the German U Boats. So our rations were being gradually reduced. By 1943 when my husband had come back

from Africa and posted to N. Ireland things were so bad I decided to go with him. I remember when we left, milk and bread were "on the ration" so the scene looked pretty bleak. The journey over to Ireland was very long and both train and ship were overcrowded. After crossing in a force 9 gale it was lovely to arrive in Belfast. We were very hungry so we made for the hotel opposite to the station - I think it was called the Great Northern - and entered the Dining Room which was full of small tables covered in damask cloths with baskets of bread rolls, jugs of creamy milk and bowls of sugar. I thought we had arrived in Paradise!"

I think that, like Ena, many of us today would find the tiny rations of milk, butter and cheese the hardest to cope with. The milk ration for an adult was 3 pints a week, sometimes dropping to 2. Tins of dried, skimmed "Household" milk were available, but only 1 tin every 4 weeks. The butter ration was just 2 oz a week.

Rona Cooke's mother was allowed extra milk as she had an ulcer. She would save all the cream and at the end of the week would make it into butter - a tiny amount, but very welcome.

Humphrey Smith has lent me a copy of *Cooking With Elizabeth Craig* which has an appendix added in March 1939 entitled "Hints on Catering and Cooking in War Time". There is a section on "Making the Most of Rations" in which is given a Treatment for Butter. It does seem a desperate measure - I wonder whether anyone remembered using it?

¼lb butter

1 teasp cornflour

¼ pt milk

¼ teasp salt

Mix the cornflour with a tablespoon of the milk. Bring the remainder of the milk to the boil. Stir in the creamed cornflour. Stir till boiling, and boil for 2 minutes, stirring constantly. Remove from the stove and allow to cool for a few minutes. Cut the butter into small pieces. Add a little of it at a time, stirring constantly until all the butter is added, and the mixture is smooth and creamy. Stir in the salt, pour into a basin, cover and stand in

a cool place till set.

Another even more bizarre recipe mixed ¼lb cold mashed potato with ¼lb butter.

Butter was generally saved to eat with bread, scraped on very thinly and topped with a generous helping of jam.

The milk ration meant that many recipes which we would make today with whole milk would then be made with milk and water, or reconstituted "Household Milk".

Pauline Hatfield passed on a recipe for an economical **Macaroni Cheese**. It uses one person's cheese ration for the week, and half a margarine ration but produces a tasty and filling meal for 4 people.

6-8 oz macaroni	2oz flour
2oz margarine	1 pint milk or milk and water
dry mustard	2oz grated Cheddar/Cheshire cheese
salt & pepper to taste	

Boil macaroni according to directions on the packet. Drain well, meanwhile make a cheese sauce as follows:

Melt margarine over gentle heat, stir in the flour, gradually add milk, bring to boil stirring all the time; when the sauce is thickened add the grated cheese and seasoning, saving some cheese. Place macaroni in deep oven proof dish and stir in sauce, blending well. Sprinkle remaining cheese on top mixed with breadcrumbs and brown in the oven or under grill.

A favourite recipe of mine was given to me by an old lady who had served as a Doctor in two World Wars. Her **Cheese Pudding** is really as good as a proper cheese soufflé.

½ pint milk or Household milk	2oz grated cheese
2 eggs (or 2 level tablesp dried egg mixed with 4 tablesp water)	
1½- 2oz margarine or butter	¼ teasp mustard powder

3 or 4 slices white bread (no crust) salt and pepper
Bring milk to the boil and pour over broken up bread in a bowl.
Add butter, cheese, seasoning and stir well till smooth. When a
little cooled stir in well beaten eggs. Pour into greased dish and
cook for 35 minutes at Reg. 6.

Dermot Healy reminded me of **Woolton Pie** "This was a pie named after the Minister of Food - Lord Woolton - and it was almost universally agreed that he was doing a great job under very difficult circumstances, especially, tho' we didn't know it at the time, in those terrible days when the German U-Boats were playing havoc with our shipping.

The pie was a mixture of vegetables with, perhaps, an Oxo cube, in short crust pastry lining and was very tasty. Sometimes, today, I wonder why it has never been resurrected in view of the fondness for vegetarian meals"

Kay Burton has supplied a recipe for Woolton Pie which looks very good.

1½ lbs vegetables - from a selection of leeks, onions
carrots, celery, parsnips
1oz flour 2oz margarine
½ pint milk ½ teasp. Marmite
pepper

Fry the vegetables gently in the margarine till beginning to colour.
Stir in the flour, followed by the milk and Marmite and cook,
stirring until sauce thickens.

Pour into a greased pie dish and top with pastry made from 6oz
flour, 1½ oz each of margarine and lard, salt, pepper and a little
dried sage. Bake in a moderate oven, Gas Mk. 4-5, until pastry is
cooked - about 30 minutes.

A more economical variation quoted by Marguerite Patten in *We'll Eat Again* involves boiling the vegetables, then using ¾ pint of the cooking liquid, thickened with 1oz oatmeal and flavoured with Marmite to cover the vegetables. The pie is covered with a Potato Pastry where the fat is cut

to 2oz and 2oz grated raw potato is added instead. Alternatively 2oz rolled oats could be used.

Pam Guyton, a friend of Pauline Hatfield's, has produced a fine selection of Wartime Recipes. Her "**Supper Dish**" again uses a very small quantity of cheese, this time bulked out with vegetables.

2lbs potatoes	1lb carrots
3oz grated cheese	salt and pepper
a little margarine and milk	

Boil potatoes and carrots so that both are ready together. Slice carrots and put in a pie dish. Season. Mash potatoes with marg. and milk. Add most of the cheese and spread this mixture over the carrots. Sprinkle over the remaining cheese and cook in a hot oven for 10 minutes or under a grill until the cheese is melted and brown.

A wartime hint she passed on, obviously scribbled down in a hurry from the "wireless" (the *Kitchen Front* was broadcast every morning at 8.15) described how to leave a little water in the pan when draining potatoes, up to $\frac{1}{4}$ pint. Having removed the potatoes, sprinkle on 1 or 2 tablesp. Household milk, a knob of margarine, salt, pepper and chopped parsley. Mix well before returning and mashing the potatoes.

Another of Pam Guyton's recipes uses both dried eggs and dried milk to produce **Potato Fritters**. Pam's recipe was taken to Canada by Norwegian settlers. Because hens stopped laying in the icy Canadian winters they learned to make it with dried eggs.

2 good sized potatoes	1 teacup of Household Milk
2 tablesp dried egg	about $\frac{1}{4}$ cup of plain flour
teasp baking powder	

Peel and grate the potatoes. Mix the baking powder and dried egg powder with the flour and add to the grated potato. Add the milk gradually until you have a batter which will drop from a spoon. Heat a frying pan and melt a little fat in it so that it is well greased. Drop the batter in spoonful by spoonful. Be sure that it is

thin enough to spread out in the hot pan, so that the potato cooks thoroughly while you are browning first one side, then the other. Stack on plates and serve either with hot treacle to which a piece of marge has been added or with a savoury cheese sauce.

Ann Vollor remembers her mother's **Margi Pargies**. Mashed potato was mixed with some grated cheese and raw onion, lightly fried, and served on a slice of toast. Although not a vegetarian, Ann's mother chose to have one Vegetarian ration book and two ordinary Meat ration books for the family in order to have more cheese.

Potato Cakes, served hot with Golden Syrup, were a great favourite of mine as a child. Evelyn Winward's notebook contains a hand-written recipe.

¼lb flour

1lb mashed potatoes

1 oz fat

pinch of salt

Boil the potatoes and allow to cool. Mash and knead in all other ingredients. Roll out into two rings and cut into eight portions.

Bake in a moderate oven for 20 minutes. Serve hot with butter.

David Burton also recalls that **Potato Cakes** were made at home, but were cooked, as in our house, on a heavy iron griddle set on top of the gas cooker. His wife Kay has found a recipe

2-3 servings of mashed potato

8oz SR flour

2 level teasp. baking powder

2 level teasp. salt

3oz margarine

1 tablesp. milk

Rub margarine into flour which has been sifted with baking powder and salt. Mix in potato, and milk, and knead mixture on a floured board. Roll out to ½" thickness; cut rounds; cook on hot griddle for 3-4 minutes each side. Serve hot with butter (or syrup).

A similar recipe from Evelyn Winward is for **Potato Scones**. It could be used when all the fat in the house had been used up

8oz boiled potatoes

2oz National flour

5 tablesp. Household milk reconstituted
pinch of salt

Mash or sieve potatoes. Add salt. Knead as much of the flour suggested as the potato will absorb, then stir in enough milk to make a stiff dough. Roll out very thinly. Cut into rounds. Roll out very thinly. Cut into rounds. Prick with a fork. Bake on a hot girdle for bout 5 minutes, turning when half cooked. When ready spread with butter or margarine, roll up and serve at once.

CAKES

It was possibly **Cake baking** which posed the greatest problems for the wartime housewife. With the tiny butter and margarine rations, let alone the egg ration which sometimes fell to less than 1 a week, a traditional Victoria Sponge, using 6 oz butter and 3 fresh eggs would be an unthought of luxury.

Elma Bates has given me a recipe for a **Sponge Without Eggs** - at least it uses dried egg and egg substitute (a powder which did not have to be reconstituted with liquid)

8 tablesp. SR. flour	3oz sugar
1oz margarine	pinch salt
1 tablesp each of dried egg and egg substitute	
milk to mix	

Put egg substitute, sugar, flour and salt into a basin, make a well in the centre and spoon in the melted margarine, with dried egg and milk, then mix to a thick batter. Put in two tins and bake in very hot oven for 15 minutes.

An interesting recipe for a totally **Eggless Sponge** comes from *We'll Eat Again* by Marguerite Patten.

6 oz S.R. flour with 1 level teasp baking powder
or 6 oz plain flour with 3 level teasp baking powder

2½oz margarine

2oz sugar

1 level tablesp golden syrup

¼ pt milk or milk and water

Sift the flour and baking powder. Cream the margarine, sugar and golden syrup until soft and light, add a little flour and then a little liquid. Continue like this until a smooth mixture. Grease and flour two 7 inch sandwich tins and divide the mixture between them. Bake approx 20 minutes or until firm to the touch just above centre of a moderately hot oven. Turn out and sandwich with jam when cool.

The plainer cakes, often cooked in a loaf tin, were easier to adapt. Eva Smith has provide a recipe from the First World War called **Mrs. Maisy's War Time Cake**. It used lard for the fat ingredient, of which the ration was generally 4oz per person per week.

Boil together the following ingredients for 3 minutes

1 cup brown sugar

1¼ cups raisins

1 scant cup cold water

8oz lard

1 teasp ground cinnamon

grate of nutmeg

pinch of salt

When cool add 2 cups of flour which has been sieved with ½ teasp baking powder. Mix well and bake in a moderate oven for 2 hours.

Elma Bates has a recipe, from the Second World War this time, which is much more economical with the fat ration. It is called **Cold Tea Cake** and uses no egg at all. Dates were often used as the blocks of compressed dates were unrationed, and could usually be obtained with points.

8oz SR. flour

3oz lard or margarine

3oz sugar

¼lb dried fruit or dates

pinch of salt

1 teasp baking powder

1 cup cold tea

½ teasp bicarbonate of soda

Grease and flour a 7" cake tin. Sift the flour, baking powder,

bicarbonate of soda and salt together. Pour the tea into a saucepan, add fat, sugar and dried fruit. Heat until fat and sugar melt and then boil for 2-3 minutes. Allow to cool slightly, pour onto flour mixture, beat well and spoon into the tin. Bake in the centre of a moderate oven for 1¼ hours.

Another ingenious recipe for a cake without egg, and using only a little fat was the **Vinegar Cake**. We made this in Domestic Science lessons in the early 50s and were most surprised when it turned out quite palatable!

6oz plain flour	2oz margarine or lard
1½ oz sugar	¼ teasp mixed spice
1 tablesp vinegar	3 oz mixed dried fruit
1 tablesp golden syrup	½teasp bicarbonate of soda

Sieve dry ingredients into a bowl and rub in the fat. Add cleaned fruit. Add the syrup and milk, mixing well and lastly the vinegar. Mix to a soft dropping consistency. Bake in a greased, lined tin for ¾ to 1 hour.

When the fat ration was so precious every scrap of dripping from cooking meat was saved in a bowl in the larder. It could then be used for frying purposes or was popular with children when spread on toast and sprinkled with salt. A wonderful wartime cookery book called *Patsy's Reflections* lent to me by Mrs. S. Reeb, sets out to teach a new bride how to cook economically. Every process is clearly explained in comic-strip format. It was published daily in the Daily Mirror. Under "Hints and Tips" Patsy is shown how to cover all her bits of collected fat with cold water, bring the pan to the boil, then pour it in a basin. When cold the fat layer can be lifted off, and any specks of gravy etc. scraped off the bottom. After being clarified in this way the dripping could be used to make pastry or even cakes.

A recipe for **Dripping Cake** is quoted in *We'll Eat Again*. It is surprisingly good, and useful for a packed lunch box.

8 oz SR flour (or plain with 4 teasp baking powder)

Pinch salt	1 teasp mixed spice
2-3 oz sugar	2-3 oz clarified dripping
3 oz mixed dried fruit	1 egg or reconstituted dried fruit
milk or milk and water to mix	

Sift flour, baking powder if used, salt and spice. Rub in the dripping, grated first if it is very firm. Add the sugar, fruit, egg and enough liquid to make a sticky consistency. Put into a greased and floured 7" cake tin. Bake in a moderate oven for about 1 hour.

Ginger Parkin is a recipe which uses very little fat, very little sugar and no eggs and yet is delicious, especially after being kept in an airtight tin for a few days. In the late 40s my mother always made this for bonfire night. To my mind it was much more enjoyable than the fireworks!

	4oz SR flour + 1 teasp. baking powder
or	4oz plain flour + 3 teasp. baking powder
	1 level teasp. bicarbonate of soda
	1 teasp. ground ginger
	2oz margarine or cooking fat
	3oz porridge oats or oatmeal
	1oz sugar (use 2oz sugar today)
	2 tablesp. treacle or golden syrup
	5 tablesp. milk or water

Line a 7" square tin. Sift dry ingredients together, rub in fat, and then add oatmeal or rolled oats and sugar. Stir in warmed golden syrup and milk and beat well till a smooth dropping consistency. Spoon into tin and bake in centre of a moderate oven (Reg 3) for 40-50 minutes or until firm.

For a touch of luxury how about this recipe for a chocolate cake handwritten in a cookery notebook lent by Robert Mucci.

Chocolate Cake (War-time recipe)

2oz marg	2 level tablesp. cocoa
3 oz sugar	¼ level teasp. salt

Cream marg. sugar and syrup, beat in egg, then water and vanilla. Sift dry ingredients (except soda) add to the mixture alternately with the milk in which soda is dissolved, to make a soft consistency. Spread in a well greased 8" sandwich tin; bake in moderate oven 25-30 mins.

1½oz sugar	1½oz marg.
1 teasp. vanilla essence	2 level tablesp. soya flour
1 level tablesp. cocoa	1 tablesp. hot water

Cream sugar and marg. Add essence, cream again. Add soya flour, cocoa and hot water gradually. Beat again until smooth. Spread over cake and mark in circles.

Christmas could be a very difficult time for the housewife when so many of our traditional recipes need dried fruit. Elma Bates writes “Dried fruit was obtained on ‘points’ - each person was allocated so many points for various foods not on proper ration; dried fruit was one such food. Prunes and dates could be obtained unrationed - but only when available - you had to keep your eyes open for these, and then the rush was on and the grapevine worked overtime!”

Elma supplies a recipe for **War Time Christmas Cake**. She uses fresh eggs and comments “Quite a few eggs needed for this recipe, but ‘putting an egg by’ each week for a month within the family rationing programme did the trick.”

3 oz sugar	4oz margarine
1 tablesp syrup	8oz plain flour
pinch salt	2 teasp baking powder

1 level teasp cinnamon
 1 level teasp mixed spice
 4 eggs, fresh or reconstituted dried egg
 ¾lb dried fruit, including prunes and dates
 ½ teasp orange 'juice' concentrate
 milk to mix

Beat sugar, syrup and margarine together till light and fluffy. Beat in fresh eggs one at a time with a little of the flour which has been sifted together with the rest of the dry ingredients. Fold in remainder of flour, fruit, orange and milk until a dropping consistency. Bake in a low oven, Mk. 2 for 3 hours or until a skewer comes out clean.

A wedding posed a tremendous challenge. How were enough rations to be assembled to make the cake and the food for the reception? Alice Kilburn contributes a nice story. "Brenda's Merchant Sailor fiancé arrived home unexpectedly after being torpedoed. For the small wedding the whole neighbourhood contributed to the wedding feast. As well as packets of tea, dried fruit for the cake there were many baked contributions. The small pies looked delicious - and were found to contain baked beans. The bride's mother had baked a small wedding cake. Unfortunately the ersatz icing had not hardened and made the cutting ceremony difficult".

In the absence of icing sugar an icing which would set was obviously a perennial problem. Evelyn Winward's notebook contains a recipe for **White Icing (Wartime)**. After the instructions is written "it will harden"!

3 tablesp household milk powder
 1 dessert sp sugar 1 teasp lard
 flavouring 2 tablesp water

Soften lard; mix lard and milk powder, add sugar, water and flavouring and beat till shiny. Use at once for icing.

Another problem was the **Marzipan**. Every Wartime Recipe collection

has a recipe, and it is said that it is the only recipe which the British managed to devise to make use of the supplies of soya flour from America. My mother-in-law's recipe is typical.

4oz soya flour	4oz sugar
2oz margarine	2 tablesp water
2 small teasp almond or ratafia essence	

Melt margarine in water in a saucepan, remove from the heat and add essence. Stir in 3oz of the sugar and the soya flour. Turn onto a board and knead in the rest of the sugar. Use as desired.

It is a great pity that many other uses were not found for this valuable source of protein though Rona Cooke's mother sometimes put some in the cakes she sent Rona when she was posted to Cornwall.

Another challenge was to find a substitute for cream. My mother-in-law has a recipe for **Mock Cream** on the opposite page of her notebook. It is labelled "good" and was given her by her great friend Mrs. Stewart who was the mother of Katie Stewart, a well-known cookery writer and presenter before the advent of Delia Smith.

1 oz margarine	1oz granulated sugar
1tablesp boiling water	1 tablesp dried milk

Beat margarine and sugar to a cream. Add the water and then milk, as much as necessary.

EGGS

When egg rationing was introduced it was only possible to allow one per person per week. Sometimes the ration fell to 3 eggs every 4 weeks. Fresh eggs quickly became an immense luxury to be greatly savoured when available. Rona Cooke remembers that when eggs did appear in the shops there were often not fresh and were known as "Eggs from China" for some reason.

Ann Vollar, living in Blackburn, recalls that the greatest treat for her mother during the war was a walk in Sunnyhurst Wood followed by a boiled egg for tea. Ann was less enthusiastic about her softly boiled egg with bread and butter "soldiers" to dip in it. She was not used to them.

When the "Lease-Lend" supplies came from America **packets of dried egg** became available - one packet every 4 weeks. The Ministry of Food recipes started to teach people how to use the product. (Generally 1 level tablespoon mixed with 2 tablespoons of water was equivalent to one fresh egg). Pam Guyton supplied just such an advertisement which promised "a feather-like omelette every time!". The instructions show that some care had to be taken.

"Allow 4 or 5 level tablesp dried eggs for two people. Reconstitute the eggs and here's the way to do this: Measure the dried eggs very carefully - one level tablespoonful to two tablespoonfuls of water. A heaped tablespoon gives you far too much dried egg for the amount of water and results in a 'leathery' omelette.

Beat out all lumps first. (If you have a wire strainer, press the dried eggs through this). Then add half the water and mix thoroughly till quite smooth.

Then add rest of water and stir thoroughly again. Now beat well and season. Meanwhile have half an ounce of fat (lard preferably) heating in the frying pan. When it is very hot - and not until then - pour in the eggs quickly. The omelette should cook in about a minute. Lift the edges with a knife as it cooks and when just set roll over onto a hot plate".

Another of Pam Guyton's press cuttings is headed "War-Time Cookery Problems ART OF THE DRIED EGG OMELET" (note English spelling!) It declares "Housewives are proud of the omelets they are making with dried egg, fluffy omelets that rise in a way worthy of shell eggs and the special omelet-pan of pre-war days". However it is evident that all was not in fact well as some housewives had seemingly been resorting to a "raising agent" and thus spoiling the food value. There follow 35 lines of "Secrets of Making" in two methods. The Ministry of Food took its task

very seriously indeed.

Dermot Healy recalls that dried egg "was greeted with great enthusiasm at first" though he thinks that "most housewives got bored with it". Most Museum members were enthusiastic about dried egg. Norman Keer gave me his favourite recipe.

Take a thick slice of bread and cut a hole from the centre with a biscuit cutter. Heat dripping in frying pan; place bread in pan and pour one reconstituted dried egg into the hole. Fry both sides until golden, and top with the 'lid'.

Another cutting comes from the Financial Times, no less ("the Financial Times maintains a full service of financial and investment news despite war-time reduction in size" - and so cookery hints must indeed have been considered important.) The article tells how to make "A Delicious Scramble", "Hard Boiled" and a "Baked Custard", all from dried egg.

Many families decided to opt for poultry keeping to ensure a supply of fresh eggs. The egg coupons in ration books were then used to obtain chicken feed - one could not have both.

Elma Bates has written "My mother and father kept three hens in the back garden on a deep litter arrangement in a run. All scraps and some raw vegetables were minced and mixed with bran to feed them, and they produced a prolific supply. My father preserved the eggs in 'water glass' in a large bucket. This was a wonderful source of food for all the war. The same chickens served us and they became almost household pets. My mother would not eat them once they served their useful purpose (even though they would have supplemented the 8 ozs. week per person meat ration). She called them Victoria, Lucy and Alice - named after three people she knew with similar characteristics! They were taken away finally by the local butcher - in a sack, I remember. He probably killed them and sold them as 'unrationed meat' when, no doubt, people queued all the way up the street to get some chicken - a delicacy in those days,

even if a bit tough!”

Grain for poultry feed was of course in short supply - in normal times it would have been mainly imported. Cereals were needed for human consumption. Dermot Healy has an interesting recollection.

“A shortage that irritated my mother and myself was that of Millet Seed. We had a budgie at the time and whilst there were substitutes, he, like today’s cats, would not tolerate them and he used to drive us up the wall with his continual bleating whenever he had run out of the real stuff. I believe the shortage was caused by Millet Seed being needed to provide a type of beer liked by Canadian troops. Quite rightly, the troops came first”.

PRESERVING

The forward to the 4th edition of *Preserves from the Garden*, “Growmore” Bulletin No. 3 of the Ministry of Agriculture and Fisheries published by H.M.S.O., and lent by Joyce Foster begins as follows:

“During war time it is especially important that there should be no waste of home-grown fruit and that, when the immediate needs of the household for fresh fruit have been met, any surplus should be preserved for winter use”. Many housewives took this to heart, and much jam-making and bottling went on.

Elma Bates particularly remembers bottling tomatoes and the Cookery column in my mother-in-law’s *Stitchcraft* magazine covered the topic twice. I recall from my childhood that the process was a bit of a performance and there was much holding of breath when the lids were tested the next day to see if they had “taken”. In our family it was usually plums. Failure meant immediate consumption of lots of stewed plums and custard!

Having bottled the tomatoes they could be used as a healthy and colourful addition to many recipes. An attractive recipe for **Tomato Sauce**, another

way of preserving them, comes from Evelyn Winward.

3lb sound ripe tomatoes	½oz salt
2oz minced shallot or onion	1pt vinegar
1 tablesp. sugar	¼ teasp. cayenne pepper
¼ teasp. white pepper	

Cut tomatoes into quarters, put into a large jar or basin, and then into a saucepan with water half way up the jar. Simmer until tomatoes are soft and juicy. Add salt, shallot or onion and sugar to the vinegar and boil for 10 minutes. Put tomatoes through a fine sieve, stir into vinegar, add peppers. Boil gently for 20 minutes or until creamy. Pour into hot jars and seal tightly.

This sauce could be used to add flavour to many recipes.

Chutneys were a popular way to deal with a glut, whether of apples, tomatoes, plums or even rhubarb. Dr. Squires has passed on a favourite recipe for **Hot Spicy Chutney** taken from a just post-war, newspaper.

1lb cooking apples	1lb sultanas
1 large onion	2lb skinned tomatoes
1lb Demerara sugar	2oz dry mustard
2oz salt	2oz ground ginger
2 pints malt vinegar	1oz curry powder

Mix curry powder, mustard, salt and ginger to paste with a little of the vinegar. Add to the rest of the vinegar. Add sugar and bring to the boil. Mince apples, tomatoes, sultanas and onion together. Add to boiling vinegar and cook gently for 2 hours. Turn into an earthenware bowl and leave for 3 days, stirring from time to time.

Dr. Squires has also kept a recipe for **Mint Jelly** which he says is very good.

Cut the sound parts of windfall apples into quarters without peeling or coring. To each pound of prepared apples allow ½ pint of vinegar and cook vinegar and apples gently together until the fruit is soft. Put into a jelly bag or clean teacloth and leave

suspended overnight for the juice to strain through. Don't press or the jelly will be cloudy. Measure the juice and for each pint add a pound of sugar, heating slowly until the sugar has dissolved, then boiling fast until the liquid "jells" when tested - about 8 minutes. Have ready two tablespoonfuls of finely chopped fresh mint for each pint of juice, stir this in, then turn into small jars. Cover. Store in a cool, dry place.

With very few imported oranges, and especially Seville oranges, the making of marmalade called for great ingenuity. A recipe quoted by Marguerite Patten in *We'll Eat Again* says:

Occasionally we are able to bring fresh oranges into the country for young children. Keep the peel and use it to make marmalade. Take the peel from 3-4 oranges and shred finely. Soak overnight in 2½ pints cold water. Simmer the peel until tender and liquid reduced (use a large pan). Add 1lb peeled cooking apples (peeled weight) and simmer until apples make a smooth puree. Measure apple and orange mixture and to each pint pulp add 1lb sugar. Put pulp and sugar back into the pan, stir over a low heat until sugar is dissolved, then boil rapidly until setting point is reached. Put into hot jars and seal.

Carrot and Seville Orange Marmalade was a recipe tested at the Research Station at Long Ashton. It used about 2lb of carrots to help bulk out, and sweeten, 1¼ lb Seville oranges. Together with 2 lb sugar these quantities made 5½ lb marmalade. Economy indeed, but I don't imagine anyone would bother to try it today.

Almost anything could be turned into jam, and was. Rona Cooke recalls that the WVS used to come and collect the crab apples from the tree in their garden to turn into jelly.

Recipes exist for jams made from all sorts of fruits and from vegetables as well. Carrot Jam and Tomato Jam were made, and in our house Marrow and Ginger Jam were very popular. This recipe is taken from

Preserves from the Garden, Growmore Bulletin No. 3 and lent by Joyce Foster.

6lb marrow (peeled)

4oz bruised root ginger or

8oz preserved ginger

6lb sugar

2tblsp citric or tartaric acid

Peel and cut the marrow into small cubes and steam it until it is tender. Place in a basin and cover with the sugar. Leave overnight. Next day transfer it to a preserving pan, add chopped ginger and acid and cook slowly for 1 hour until marrow is transparent and syrup thick. If root ginger is used, tie it in a muslin bag and remove just before setting point is reached. Makes 10lb.

SWEETS AND PUDDINGS

This section in *Patsy's Christmas Reflections* begins:

"Puddings often give the young cook one of her greatest problems, especially nowadays when ingredients for them are so difficult to get". Golden Syrup or honey are suggested as alternatives to sugar and "even in a family of two the fat ration will permit pastry for a pie being made now and then".

Joan Gower, who lent me this book, still uses the **Lemon Pie** recipe.

Line a shallow tin with pastry (Joan says that today's frozen pastry is fine). Blend 1 tablespoon of cornflower with 1½ gills (7½ fl oz) milk and cook, stirring, for 5 minutes. Add 2 or 3 oz of sugar, and the grated rind and juice of 2 lemons. Beat in well 2 egg yolks. Pour into pastry case and bake in a moderate oven for about ½ hour till set. Meanwhile whisk the egg whites till stiff, mix with a little caster sugar, pile upon the cooked pie and put back into the oven for 1 or 2 minutes just to colour the egg lightly.

David Burton says that lemons were actually unobtainable during most of the war. He sent some home to his mother in a parcel when he was posted to Italy. Joan only started using *Patsy* when she was married in 1948 and

when lemons were coming into the country again.

It seems that a rash of these cookery books were produced right at the beginning of the War when the writers did not know quite which food items would become scarce. Mrs. D. Perkins has lent me *The Stork Wartime Cookery Book* where Chapter 1 is entitled "Cooking in Times of Emergency - how to save your dinner if air-raids come". However the writer has little inkling of the severity of rationing to come "It may be necessary to economize on meat" but "there is one valued part of your family larder that you will not have to do without after all, and that is Stork Margarine"! (the ration went down to 4oz a head!) "With Stork in your larder...you can face wartime bravely and confidently, full of hope for happier days to come".

Dr. Squires has saved another recipe using lemons:

1 large tin evaporated milk	2oz pkt custard powder
2 lemons	2oz sugar
3 teasp gelatine powder	

Halve tin of evaporated milk. Whip first half into stiff froth. With remaining half, sugar and custard powder, make custard in usual way and when cool, add to whipped milk. Melt gelatine in juice of two lemons; when cool add to first mixture. Set aside in cool place to set. Serves 6 portions.

Shortage of fresh eggs was a special problem with sweets, but housewives found ways round this as well. The Financial Times had a regular column when readers wrote in with requests for recipes. One day it is headed "Variety in hot puddings and cold sweets is still a problem". (5s. was paid for selected replies.) War Time Chocolate Soufflé sounds promising, using household milk, cocoa, dried eggs, sugar and arrowroot or custard powder. Other ideas sent in were for a Baked Custard using dried egg and Pots de Chocolat!

The Daily Telegraph printed more homely recipes like Macaroni Mould with Jam Sauce and Apple Dappy. A box in the corner is headed "'Eggless Cookery' - supplies of dried egg will soon be coming to an end.

Recipes are wanted for eggless cookery. Prizes of £1 each will be given for the most interesting 1. Cake 2. Pudding or sweet made without eggs". As American lend-lease supplies came to an end times were really about to get hard.

Apple Snow (from Pam Guyton's mother's notebook) is a recipe which uses no eggs.

1lb cooking apples 3 heaped tablesp household milk
1 teasp lemon essence, or a little ginger syrup from some
marrow and ginger jam
4 tablesp water

Stew apples to a pulp with enough water to prevent them burning. Sieve or mash with a fork and leave until cold. There should be about ½ pint. Put milk and water into a basin and whip swiftly for a full 15 minutes. Mixture should now be thick and creamy. Whip in sugar and apple a little at a time - it need not take more than a minute, however. Add flavouring. Pile into a dish or individual glasses. (Nowadays we could use whipping cream).

Rona Cook has a favourite wartime recipe for **Mock Mousse** which is still enjoyed today. It uses unsweetened evaporated milk (hard to find then) stewed soft fruit and either a jelly or gelatine - sometimes jellies were not available. All these items were "on points" and so the mousse would tend to be made for a special occasion.

1 small (170g) tin evaporated milk

Stewed soft fruit - raspberries, strawberries, blackcurrants
or blackberries

Gelatine to make 1 pint or jelly

In a large bowl whisk the evaporated milk until thick and the whisk leave a trail. Melt the gelatine or jelly in about 2 fluid oz hot water. Add to the cooled sieved fruit and if necessary make up the quantity to 16 fluid oz. When cool pour into the whipped milk and mix together. Pour into a bowl or individual dishes and leave in a cool place till set. This can also be made with tinned fruit - a 400g tin is right today.

This recipe was given to Rona by Mrs. Brewer who ran the New Inn at Eastbourne.

For more substantial puddings using a minimum of fat one can't do better than look at the M of F leaflet "Making the Fat Ration Go Further" lent by Robert Mucci. **Steamed Chocolate or Ginger Pudding**

6oz plain flour 2 oz sugar

1 tablesp cocoa or 1 teasp ginger

1 level tablespoon dried egg

4 level teasp baking powder milk to mix

Sift all dry ingredients together, beat to a thick batter with milk.

Pour into greased basin, cover and steam 1¼ hours.

Steamed Marmalade or Jam Pudding

2 thick slices stale bread 1 oz sugar

½ pint of milk 2 tablesp marmalade

2 eggs reconstituted

Bring milk nearly to boiling point and pour over the bread. Stand for 10 minutes, beat to a pulp with a fork. Add eggs well beaten and sugar and one tablespoon marmalade. Grease a basin and spread the other tablespoon of marmalade over the bottom. Pour in the pudding mixture and cover with greased paper. Steam 1 hour. Turn out allowing the marmalade to fall round it like a sauce.

An interesting way to cut down the amount of suet in a steamed suet pudding is to use some grated raw potato. This mixture could have any number of uses, sweet or savoury.

Potato Suet Pastry

8 oz flour 2 level teasp baking powder

½ teasp salt 2 oz grated raw potato

2 oz suet or other fat water to mix

Mix together flour, potato, suet, baking powder and salt. Add enough water to make a stiff dough. Use for meat puddings, fruit puddings, suet roll etc. Note if fat is used in place of suet, rub it into the flour.

FOOD FROM THE HEDGEROW

As the war ground on food shortages, especially of fresh fruit, became more severe. The Ministry of Food by autumn 1944 was advocating "Tonics for Tired Menus" in the Food Facts column in *Stitchcraft* magazine. Readers could send for a free leaflet on "Hedgerow Harvest" - "containing hints for the use of wild fruits in general, recipes for jams, jellies, spicy conserves". The column gave recipes for Elderberry Pie and **Rose Hip and Apple Jam**

1 pint rose-hips, really ripe	2 pints boiling water
$\frac{3}{4}$ lb cooking apples	$\frac{1}{4}$ pint water
2lb sugar	

Wash the rose hips, put into 2 pints boiling water and simmer until soft. Mash with a wooden spoon and strain through a jelly bag overnight. Measure the juice and make it up to $1\frac{1}{2}$ pints with cold water. Cook apples in the water until reduced to a thick pulp. Mix juice and pulp and bring to the boil. Stir in sugar and when dissolved boil rapidly until jam sets.

Kay Burton lived in Kent and went out with other children gathering rose-hips. They were taken along to the WVS who organised local collections. The rosehips were manufactured into Rose Hip Syrup which was then available for children as an alternative to the National Orange Juice. It was a very valuable source of Vitamin C.

Evelyn Winward's notebook contains a cutting giving a recipe for Elderberry Syrup. A scientist was quoted as saying "we should all have as much as possible of the 'bottled sunshine' contained in our hedgerow harvest, particularly this winter when we shall suffer from a lack of sunshine and from the failure of the home harvests".

Another recipe in the same article suggests making Hedgerow Jam from a mixture of fruits including blackberries, elderberries, crabapples, hips, haws, rowan berries, plums, sloes etc. but the instructions are incomplete.

Peter Carey reminded me that country people in Sussex had always eaten young stinging nettles and hop shoots, sometimes turning the latter into a sauce for chicken, mutton or fish. Ambrose Heath in *Vegetables for Victory*, lent by Mike Christopher, advocates boiling bundles of hop tops like asparagus in stock and water or par-boiling them in water with salt and a little vinegar, and then when cold coating with flour then egg - then breadcrumbs and frying till golden.

Inge Gilbert says that young stinging nettles were eaten in Germany, washed carefully, then boiled and served like spinach, perhaps chopped or sieved and served with a little margarine, if available. They also make a good soup which Inge still makes every spring. It is said to be very healthy.

Ambrose Heath gives recipes for **Nettle and Potato Croquettes**

Take equal parts of mashed potatoes and cooked, well drained nettles, and mix well together, adding a little grated nutmeg, a spoonful or two of grated cheese, a little margarine and a binding of moistened dried egg powder. Let this mixture get cold, then shape into little croquettes, and either bake them or fry them as they are, or egg and breadcrumb them and fry them.

Nuts were another valuable food which could be collected free by those living in the country. Elma Bates remembers collecting hazel nuts which were then used in cake recipes, for example her **Date and Hazelnut Loaf**.

8oz wholemeal flour	½ to 1oz margarine
1-2 oz brown sugar	12 chopped dates
1-2 oz chopped hazelnuts, first roasted in oven	
1 teasp baking powder	1 egg (or used dried egg)
¾ cup milk or milk/water	

Rub fat into flour, then add baking powder, sugar, dates and nuts. Beat egg (or reconstituted dried egg) and mix with liquid. Add to flour mixture to make a soft dough. Put into a greased and lined loaf tin and bake in a hottish oven, Reg. 5 for about 40 minutes.

Nuts could also go into a tasty supper dish. The recipe for **Nutty Potatoes** comes from *Wild Fruits, Berries, Nuts and Flowers, 101 Recipes for Using Them* written by B. James and published by the Medici Society in 1942. Robert Mucci lent it to me.

4 potatoes, baked in skins 1 oz margarine

4 tablespoons finely chopped hedge nuts

Pinch mixed herbs

Pepper, salt

Blanch nuts, chop or grate them. Put in pan with margarine, gently cook till lightly browned. Cut baked potatoes in half. Carefully take out centres. Mash. Add nuts, herbs and seasoning. Refill halved potato skins. Pile up mixture in centre. Pour over fat from pan. Reheat and brown in oven or under grill.

I think that **Hazel Nut Savoury** would also be worth trying today.

4 heaped tabbsp grated hazels

1 small finely chopped onion

4 large mashed potatoes

½ pint milk or gravy

2oz margarine

grated cheese

1 egg

Mix mashed potatoes, butter, milk, beaten egg in saucepan till smooth. Add nuts, onion and seasoning. Put into buttered oven dish. Sprinkle top with cheese. Bake moderate oven twenty minutes till nicely browned.

Inge Gilbert as a child in impoverished post-war Germany remembers going out with her mother to collect beech nuts. These were then taken to the village oil press and for every basket or bag of nuts a bottle of beech nut oil was received in return. This had rather a strong flavour but was useful in cooking. Inge remembers that this was the coldest and most unpleasant chore she ever had to perform.

SWEETS

Sweets were rationed to about 12oz every 4 weeks. Most war time children learned to appreciate home-made substitutes. Iris Wells has tried,

without success so far, to recreate her mother's Mint Lumps.

I have vivid memories of an "aunty" who was popular because she always brought me a bag of chocolate truffles when she came to visit. I feel sure the recipe would be that copied out for me by Evelyn Winward, though mine were rolled in cocoa!

War Time Sweeties

5 tablesp powdered milk	1½ tablesp cocoa
3 tablesp sugar	2 tablesp milk (ordinary)
5 drops essence (almond)	1 oz margarine

Warm margarine in basin (by standing in hot water) then add milk. Put all dry ingredients in another basin and mix well, then add to margarine with essence and knead well until smooth. Make balls and roll in sugar.

Norman Keer created his own solution. He mixed equal quantities of icing sugar, cocoa powder and dried milk together and ate it dry - by the age-old method of dipping in a licked finger!

One Christmas during the War the Daily Telegraph Home Cook, in an article from Pam Guyton, wrote "The limited extra ration of sweets for the children will not be sufficient to solve the family Christmas sweetmeat problem. Hence the call to the home sweetmaker to augment supplies." She went on to give two interesting recipes which use nuts which could have been collected by many readers from the woods and hedgerows.

Chestnut Candies

1lb chestnuts	½ lb sugar
vanilla flavouring	¼ pint water

Remove outer and second skins of chestnuts (for latter pour boiling water over peeled chestnuts and leave for minute or two). Now boil till tender and put into basin of lukewarm water. If lemon juice is to be had, a few drops should be put into this water. Make syrup of ½ lb sugar and ¼ pint water, adding vanilla flavouring. Do not let it boil before sugar is melted. Once it has

boiled, do not stir. Test syrup for set by dropping a little in cold water. When cold it should break but feel sticky when bitten. Dip dried chestnuts into syrup, dry on greaseproof paper. The method for making real marrons glacés is more elaborate, but this makes a nice home Christmas sweetmeat.

Nut Brittle

1 lb sugar

¼ lb chopped nuts

½ teasp cream of tartar

Melt sugar in saucepan over gentle heat. When syrup boils add cream of tartar dissolved in a little warm water. Syrup must boil till quite clear and a pale golden shade. Add nuts, stir and pour into well-greased shallow tin. Brittle should be very thin, and when cold broken into irregular pieces.

